

Environmental Wellness
Good health by occupying pleasant, stimulating environments that support well-being

Emotional Wellness
Coping effectively with life and creating satisfying relationships

Intellectual Wellness
Recognizing creative abilities and finding ways to expand knowledge and skills

Financial Wellness
Satisfaction with current and future financial situations

YOUR PATH TO LIVING WELLNESS

Occupational Wellness
Personal satisfaction and enrichment from one's work

Social Wellness
Developing a sense of connection, belonging, and a well-developed support system

Physical Wellness
Understanding differing abilities, recognizing the need for physical activity, healthy foods and sleep

Spiritual Wellness
Expanding our sense of purpose and meaning in life

SUNDAY, Sept. 14th

“3K Walk”
11:00 am – 12:30 pm
Eastview Middle School Track
350 Main Street
White Plains, 10601
CONTACT:
607-226-8520 or
email:
phil@authenticchurch.com
to participate. \$10/ per mile

WELLNESS
WEEK
KICK OFF
FESTIVAL*

1pm - 4pm Court St.
White Plains, 10601

* Rain venue: Highlands M.S.,
128 Grandview, WP 10605

MONDAY, Sept 15th

“SHADOWS IN THE SUN”
Keynote Presentation
& Book Signing
GAYATHRI
RAMPRASAD
Practitioners only
10am – 1:00pm
WHITE PLAINS
PUBLIC LIBRARY
100 Martine Ave
White Plains 10601
Registration Required
https://ww2014emotionalwellness.
eventbrite.com

“BUILDING RESILIENCE”
Presenter: Sandy Heller LCSW/
EAP Coordinator
12noon – 1:00 pm
NEW YORK PRESBYTERIAN
HOSPITAL/WESTCHESTER
DIVISION
Main Building
21 Bloomingdale Road
White Plains, 10605
LIMITED SEATING!
Call 914-997-5779 to register.

TUESDAY, Sept. 16th

“DAD’S TAKE YOUR CHILD
TO SCHOOL DAY”
ALL WHITE PLAINS
SCHOOLS
7AM-9AM
Call: 914-422-1378
for more information

“MEDICATION ASSISTED
SUBSTANCE ABUSE
TREATMENT WORKSHOP”
10am-1:00 pm
WHITE PLAINS PUBLIC
LIBRARY
100 Martine Ave
White Plains 10601

FORDHAM
Westchester

“THE
WORKPLACE:
MAKING IT WORK FOR
YOU” - Workshop.
Presenter: Robin Colner
6:00 pm – 7:00pm
FORDHAM UNIVERSITY
Westchester Campus
Presenter:
Joan Cavanaugh, M.A.,M.S
400 Westchester Avenue
White Plains, 10604

FORDHAM
Westchester

WEDNESDAY,
Sept. 17th

“SAFE TALK”
Suicide Prevention Workshop
Facilitator: Dr. Barbara
Bernstein
10:00 am – 1:00 pm
WHITE PLAINS PUBLIC
LIBRARY
100 Martine Ave
White Plains 10601
Registration Required
Email:
ppg6@westchestergov.com

“FITNESS AND
TECHNOLOGY”
Workshop for Youth and
Families
MICROSOFT
STORE
6:00 pm – 8:00 pm
Westchester Mall
125 Westchester Ave.,
White Plains, 10601
Call: (914) 323-2150
for more information

CROSSFIT WESTCHESTER
FREE 30 minutes Workshop
for ADULTS
5:00 pm – 5:30 pm
RSVP Required to
michael@crossfitwestchester.com
300 Hamilton Avenue
White Plains, 10601

“PREVENTION OF
ADOLESCENT ALCOHOL
AND SUBSTANCE ABUSE”
Workshop
4:30pm – 5:30 pm
FORDHAM
UNIVERSITY
Westchester Campus
400 Westchester Avenue
White Plains, 10604

FORDHAM
Westchester

THURSDAY,
Sept. 18th

“HEALTHY BABIES
ARE WORTH THE WAIT
TRAINING” - Waiting to have
your baby until at least 39 Weeks
leads to a healthy baby.
LOWER HUDSON VALLEY
PERINATAL NETWORK
12 noon -1:00 pm
White Plains Public Library
100 Martine Ave.
White Plains, 10601
Call 914-922-2240
For more information.

“BACKYARD
GOLF SCHOOL”
Parents and Youth
Learn the basics of
golf for fitness &
professional development!
Presenters: Joan Cavanaugh &
EWGA Members
\$30 per parent/child couple
6:30 pm- 8:30 pm
Eastview Middle School
350 Main St.
White Plains, 10601
CALL 914-422-1378 to join!

CROSSFIT WESTCHESTER
FREE 30 minutes Workshop
for KIDS
5:00 pm – 5:30 pm
RSVP Required to
michael@crossfitwestchester.com
300 Hamilton Avenue,
White Plains, 10601

“SMART MONEY
FOR TEENS”
Presenter:
Annett Marie Barrett
5:00 pm – 6:30 pm
WHITE PLAINS PUBLIC
LIBRARY
100 Martine Ave
White Plains 10601
Call 914-422-1480 for more info.

FRIDAY, Sept. 19th

“YOGA WITH LIZA TUCK”
4:00 pm – 5:00 PM
WHITE PLAINS PUBLIC
LIBRARY
100 Martine Ave
White Plains 10601
Call 914-422-1480
for more information

“HEALTHY CITY -
HEALTHY YOU”
Wellness Event for
City of White Plains Employees
11:00 am - 2:00 pm
Hosted by White Plains Hospital
City Hall Council Chamber
350 Main St.
White Plains, 10601
Call: (914) 422-1378
for more information

CROSSFIT WESTCHESTER
FREE 30 minutes Workshop
for KIDS
5:00 pm – 5:30 pm
RSVP Required to
michael@crossfitwestchester.com
300 Hamilton Avenue
White Plains, 10601

“TOY & HALLOWEEN
COSTUME SWAP”
Hosted by County Legislators/
Recycling Rangers and WPYB
10:00 am – 11:00 am (Registered
participants only)
11:00 am – 12 noon (OPEN to
Community)
Mamaroneck Ave. School
7 Nosband Ave.
White Plains, 10605
Call 914-422-1378 to Register

SATURDAY,
Sept.. 20th

“TOY & HALLOWEEN
COSTUME SWAP”
Hosted by County Legislators/
Recycling Rangers and WPYB
10:00 am – 11:00 am (Registered
participants only)
11:00 am – 12 noon (OPEN to
Community)
Mamaroneck Ave. School
7 Nosband Ave.
White Plains, 10605
Call 914-422-1378 to Register

“EAT RAW – NOT COOKED”
Healthy Eating With Raw
Foods & “HAPPY SHAKES”!
Presenter & Author
Stacy Stowers
2:00 - 4:00 pm
Williams Sonoma Store
Westchester Mall
125 Westchester Ave.
White Plains, 10601
Call (914) 644-8360
for more information

SUNDAY, Sept. 21st

“INTER-FAITH FORUM &
SPIRITUAL WELLNESS
THROUGH PERFORMING
ARTS”
Various faith based
performances – contemporary
Christian, Gospel Singers,
Cantor, Buddhist,
Indian Temple Dance & Songs
and much more!
1:30 pm – 4:00 pm
POST ROAD
SCHOOL
175 West Post Rd.
White Plains, 10606
Call (914) 422-1378
for more information

MONDAY, Sept. 22nd

“FAMILY DAY”:
Free Movie & Dinner!
BY INVITATION ONLY –
CALL 914-422-1378
6:30 pm – 10:00 pm
CINEMA DELUX
1 City Center
SIGN THE PLEDGE AT THE
KICK-OFF FESTIVAL TO BE
INVITED!

FIDELIS CARE
information
tables & events at various
locations throughout the
week. Call (718) 896-6500
for more information.

STUDENT ASSISTANCE
SERVICES COUNSELORS WILL
BE IMPLEMENTING WELLNESS
ACTIVITIES IN WHITE PLAINS
MIDDLE & HIGH SCHOOLS
DURING THE WEEK!